

Abstract

Title: Evaluation of selected features of U11 players game performance

Objective: The main aim of this thesis was to determine the impact of technical skills and fitness level on game performance of young football players. I also aim to discover possible differences between the First Team and Future team of SK Slavia Praha (year 2009).

Methods: A quantitative research with empirical elements was employed in the practical part of the thesis. The sample consisted of the SK Slavia Praha U11 ($10,85 \pm 0,24$) players ($n=29$). The level of specific football skills was evaluated with slalom tests and Loughborough Soccer Passing test. The fitness level was measured with linear runs (10 and 20 meters), standing long jump, agility and yo-yo intermittent test. Subjective player rating of their performance was measured using a scale questionnaire for coaches.

Results: Performance groups “above-average” and “average” showed a great difference in technical skills in comparison to the performance group “below-average”. This was not confirmed in terms of fitness. The results in 10m sprint test, 20m sprint test and agility test were comparable. There was no confirmed difference on the team level in technical skills or fitness between the First Team and the Future team.

Conclusion: The questionnaire for coaches evaluating game performance of the players seems to be more sensitive for technical skills rather than fitness. Players coming to a major club from smaller at higher age show the same level of football technical skills and fitness level as players that have already spent some time in a major club.

Key words: football, specific football skills, fitness skills, game performance, subjective evaluation